



INDOOR CLASSIC TRACK MEET

TECHNICAL PACKAGE

Date: Saturday, February 9, 2019 **Time:** 9:00am-5:00pm

Location: Family Leisure Centre, 2000 Division Avenue N, Medicine Hat, Alberta

Hosted by: Medicine Hat Panthers Track & Field Club

Private Meet

Websites: www.medhatpantherstrackclub.ca Email medhatpanthers@gmail.com

Categories: Age as of December 31 the year of competition

Tyke: 9 years of age & under (born in 2010 or later)	PeeWee: 10 & 11 years of age (born in 2008-2009)	Bantam: 12 & 13 years of age (born in 2006-2007)	Midget: 14 & 15 years of age (born in 2004-2005)
Youth: 16 & 17 years of age (born in 2002-2003)	Junior: 18 & 19 years of age (born in 2000-2001)	Senior: 20+ years of age (born in 1999 or earlier)	Masters: 35+ years of age (born in 1983 or earlier)

Events Offered:

60m	All ages	150m	13 & under
200m	14 & older	400m	16 & older
800m	All ages	1200m	12-15 years
1500m	16 & older	4x200m Relay	All Ages
3000m	15 & older	60mHurdles	Bantam/Midget/Youth/Junior



Relay registration will be held on day of event by 10:00am

Schedules: Tentative schedules are posted on the website. Final schedules will be posted the day before the competition.

Day of Meet Entries: Will only be accepted at Meet Directors' discretion and if space is available (Cost is \$20 – cash only)

Awards: Ribbons will be awarded for each event 1st, 2nd, 3rd, 4th & 5th place standings.

T-Shirts: Are available for sale at registration table

Entry Fees:

\$15 per athlete per event (received on or before February 6, 2019) or 3/\$40

\$20 per athlete per event (received **AFTER** February 6, 2019)

Make cheques payable to **Medicine Hat Panthers Track & Field Club**

Starting Blocks:

Athletes competing in the Midget (14 & 15 years of age) and older age category will be will be required to use starting blocks for the following events: **60m, 200m, 400m, 800m.**

Athletes who are not affiliated with a club team will have the choice to opt-out of using starting blocks.

Spikes: Spikes must be pyramids or Christmas trees. 3mm or less spikes only allowed on track surface FOR MEET ONLY.

Athletics Alberta Membership:

This is meet is not sanctioned through Athletics Alberta and is a local training meet. Local records will be kept, however no records or rankings at a Provincial or National level can be achieved through this meet.

Results: Results will be posted by registration table and will be posted to the website a week after the meet is completed (www.medhatpantherstrackclub.ca)

Panthers Indoor Classic Procedures 2019

REGISTRATION

Athletes or Coaches must pay registration fees at the Registration Table prior to competition.

MARSHALLING

1. Athletes must confirm their entry at the Registration Table no later than 20 minutes prior to the start of their event.
2. Athletes must be at the start line 10 minutes prior to their event.
3. Relays Teams, or interest in joining a relay team, must be submitted to the Registration Table no later than 10:00 am. The age category of the team will be determined by the oldest member of the team (except with masters athletes).

SPECTATORS/ATHLETES

Space is always limited on an indoor track. Spectators/athletes must be aware of what is going on at all times.

Spectators are asked to cross the track quickly, between races. When spectators are on the track they must be aware of athletes warming up and/or competing.

Athletes and Spectators must stay off of the fitness training equipment.

RACE/HEAT SHEETS AND RESULTS

Heat Sheets and results will be posted in the spine of the Leisure Center, near the Registration Table.

START PROCEDURES

60m: All age categories will have timed finals for 60m.

150m/200m: All age groups will run the complete race in lanes. All race are timed finals

400m: Youth and older will run the first 2 corners in lanes and then cut-in. All races are timed finals

800m and longer: Waterfall start or one Corner stagger at the discretion of the Meet Director and the Starters. All races are timed finals

2019 Panthers Indoor Classic – 800 (lanes) 1200 (lanes) 1500 (waterfall) 3000 (waterfall)

Hurdles:

Athletics Alberta Indoor Hurdles Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	Pee Wee	60m	5	.45m*	12.00m	7.00m
60m	5	.60m**	12.00m	7.50m	Bantam	60m	5	.60m**	12.00m	7.50m
60m	5	.76m/30"	12.00m	8.00m	Midget	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	Youth	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	Junior	60m	5	.99m/39"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	Senior	60m	5	1.07m/42"	13.72m	9.14m
World Masters Athletics (please check website)					Masters	World Masters Athletics (please check website)				

*PeeWee hurdle heights can range from .45m/18"-.60m/24".

**Bantam hurdle heights can range from .60m/24"-76m/30".

Relay procedures:

4x200 Relay

The first runner will run in their assigned lane and hand off to the second runner, who will run the 1st corner of their leg in their assigned lane and then cut in at the start of the back stretch.